

GVHC Today

VOL. 40 No. V

May 2012

In this edition of GVHC TODAY, we keep you connected with what is happening throughout GVHC in support of our patients and communities we serve. In 2012 Golden Valley Health Centers is celebrating our 40th Anniversary! GVHC was first established in 1972 when Merced County's Migrant Health Services project was implemented at Merced General Hospital.

Los Banos Relay

Thank you to everyone who participated in the Relay for Life event in Los Banos May 19th. Team GVHC walked proudly raising money to help find a cure!



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Block the Sun

Remember to put sunscreen on every time you go outside, even on cloudy days, to protect against UVA and UVB rays.



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Homeless Outreach

On April 27th, GVHC staff provided services and information at the Modesto Gospel Mission Street Fair. More than 300 people attended. Read here to learn more.



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Strawberries

We are in the middle of peak season for strawberries. They are great in a smoothie or in a salad. Read here for some fun facts and a delicious recipe!



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Teen Program

May is Teen Pregnancy Prevention month. Did you know that 3 out of every 10 teenage girls are likely to be come pregnant? Read here to learn about GVHC's Teen Pregnancy Prevention Program.



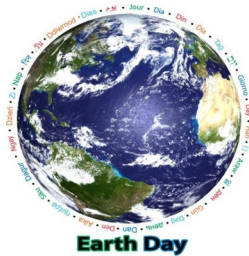
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GVHC Growth and Diabetes Classes

GVHC will celebrate its 40th Anniversary this month. Read here to learn about our growth in the last 10 years and the Diabetes Classes now available in Modesto!

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2012 Earth Day Celebration



By Minerva Perez

On May 11th, Golden Valley Health Centers held it's annual Earth Day event. More than 500 people attended the celebration including patients, staff and schoolchildren from nearby Alicia Reyes and Margaret Sheehy elementary schools.

The celebration is the fifth of its kind and is a collaboration between GVHC's Green Team and local "green" agencies and organizations to educate the Merced community – especially its youngest members - about the importance of reducing, reusing and recycling.

Participants had a chance to paint using recycled materials at the Merced County Arts Council station, learn about beneficial insects from the Master Gardeners, and found new ways to get to school and work from the Merced Bicycle Coalition. The event keeps growing in participation every year proving that GVHC's message of sustainability is resonating with our community.

The Green Team would like to thank all the staff and Ameri-Corps members who volunteered their time at the event and we would like to especially thank Westamerica Bank for their generous donation that made the Earth Day celebration possible.



Above: Children learn about why it's important to recycle at our Green Team table and what types of items should be recycled in the recycle



Left: Before all the excited participants entered our Earth Day event they all posed as a class for a picture below our Earth Day banner.



Relay for Life

By Maria C. Orozco

Golden Valley Health Centers' staff in Los Banos participated in this year's American Cancer Society's Relay For Life on May 19, 2012 held at Pacheco High School. Relay For Life is a fundraising event of the American Cancer Society that is held overnight and designed to spread awareness of cancer prevention, treatments and cures, celebrate survivorship and raise money for research to find more cures for cancer. The Relay for Life event in Los Banos had 641 Participants, 46 teams and raised \$74,111.

This year's event was Circus themed and Team GVHC "Roaring for a Cure" was able to raise \$1,214. We want to thank the Los Banos staff, family, and friends for joining us on this 24 hour walk. Great Job Team GVHC!

Walking Crew: Vicky Molina, Gabriela Martinez, Becky Gonzalez, Rebecca Sanchez, Mary Koch, Jose De La Torre, Belinda Blackwell, Anna Sanchez, Maria Cardenas, Lorena R. Perez, Letty Castaneda, Samantha Zavala, Jennifer Martinez, Maria C. Orozco, Sylvia Hernandez, Hannah G. Garza and Robert Chaney.



Left to Right: Letty Castaneda, Mary Koch, Anna Sanchez, Lorena R. Perez, Ismael Solorio, Maria C. Orozco, Vicky Molina, Molly Molina, Sylvia Hernandez, Jennifer Martinez



Above: The Castaneda Family



Left: The Martinez Family

Homeless Outreach Don't Forget

By Juan Villa

The Modesto Gospel Mission Homeless Shelter held its first Street Relief Fair on April 27th. The Street Relief Fair is based on the Homeless Connect event in Merced which will be held on June 8th. The Street Relief Fair is meant to provide a one stop shop of services for the homeless.

The Street Relief Fair hosted about 30 different agencies including Golden Valley Health Centers, Department of Motor Vehicles, legal services and Stanislaus County vital records. The event was a success with 300-400 participants attending the event! Those that attended were provided with a meal and guidance toward the services that concerned them the most. Golden Valley Health Center had about 80 homeless pass through our booth. They were greeted by PCC Alma Blake and provided with information on services that GVHC has to offer. Forty-one of the people requested to have their blood pressure checked. With the help of Americorps members Maria Garnica and Hanna Garza they were provided with health information based on their results. The homeless participants that we saw were not only grateful for the promotional materials we gave them, but for the health information we were able to provide them. Some patients were even brought in by their family for us to review their health information to keep their blood pressure at normal levels.

Our experience at the Street Relief Fair allowed us to remember how the homeless in our community are always grateful for the few services that we are able to provide them. I invite everyone to contact me at jvilla@gvhc.org if you would like more information or participation in upcoming homeless events.



Alma Blake, PCC explaining GVHC services and programs available to a participant of the fair.



Your Sunblock:

It is May and the weather is getting warmer. There are graduations, picnics and vacations! During all these fun events you must remember to use SUNBLOCK!

"Skin cancer is on the rise in the United States, and the American Cancer Society estimates that one American dies every hour from skin cancer. This year alone, the American Cancer Society estimates there will be more than 76,250 new cases of malignant melanoma, the most serious form of skin cancer in the U.S." [*http://www.skincancerprevention.org](http://www.skincancerprevention.org).

The CDC recommends these options for protection from UV radiation—

- Seek shade, especially during midday hours.
- Wear clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Use sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVBUVA and UVB protection.
- Avoid indoor tanning.

For more information:

http://www.cdc.gov/cancer/skin/basic_info/prevention.htm



Proper E-mail Etiquette:

Please remember to limit your use of the "All GVHC Employee" email option. This should only be used when an announcement has true meaning to all 700 GVHC employees. When you wish to send special words of thanks or recognition try to limit the email to the staff that know the employee and will be interested in hearing your words of support.

Also, please limit the use of "reply all" when replying back to any email that has been sent out to all employees. Make your reply personal by only replying to the employee receiving the recognition or best wishes.

Strawberries!

April through June is the best season for harvesting strawberries in California!



Did you know that:

- California is the largest producer of domestically grown strawberries, supplying 90% of the strawberries grown in the United States.
- On average, more than 30,000 acres produce over one billion pounds of fresh and frozen strawberries.
- The average American eats more than three pounds of fresh strawberries and more than two pounds of frozen strawberries each year.
- There are four main growing regions for strawberries in California: Monterey, Santa Barbara, Ventura and Orange/San Diego.
- Strawberries are an excellent source of vitamin C, fiber and folate.

Buying and Storing Tips:

- Look for plump berries with a natural shine, rich red color, bright green caps, and a sweet smell.
- Caps should be fresh, green and intact. Avoid shriveled, mushy or leaky berries.
- Store unwashed strawberries in the refrigerator for up to three days.
- Before serving, use cool water to gently wash strawberries with the green caps still attached.
- Look for no-sugar-added frozen strawberries .

Strawberry Smoothie

Makes 3 servings (1 cup per serving)

Ingredients:

- ½ cup 100% orange juice
- 1 large banana, peeled and sliced
- 1 cup fresh or frozen strawberries, thawed
- 5 ice cubes



Directions:

1. Combine orange juice, banana and half the strawberries into a blender container. Blend until smooth.
2. Add yogurt, remaining strawberries and ice cubes. Blend until smooth. Serve immediately.

Nutrition information per serving:

Calories 153, Carbohydrate 32 g, Dietary Fiber 3g, Protein 5 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 4 mg, Sodium 57 mg.



Central Valley Health Network

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Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips •California Department of Public Health

GVHC Teen Program

By Angelica Carranza

Did you know that May has been nationally recognized as Teen Pregnancy Prevention Month?



National, state and local agencies nationwide join efforts to increase awareness among communities regarding complex issues pertaining to teen pregnancy prevention. According to CDC's National Center for Health Statistics, birth rates for teens ages 15 – 19 of all racial/ethnic groups are now lower than ever reported, however, there is still much work to be done in this area. The U.S. continues to have higher rates of teen pregnancy and teen births than most of the industrialized world. Additionally, data shows that three out of 10 girls will become pregnant by the age of 20.

What has Golden Valley Health Centers done to join in these efforts? GVHC is actively engaging in a variety of activities to increase reproductive health awareness among adolescents and parents within our communities. Below is a quick summary of our community awareness efforts.

Reproductive Health Education:

Stanislaus County Juvenile Hall Girls Unit – 12 female teens
 Adelante Continuation School – 45 students
 Riverbank High School – 174 9th grade students
 Riverbank High School – 146 10th grade students
 Riverbank High School – 150 11th grade students

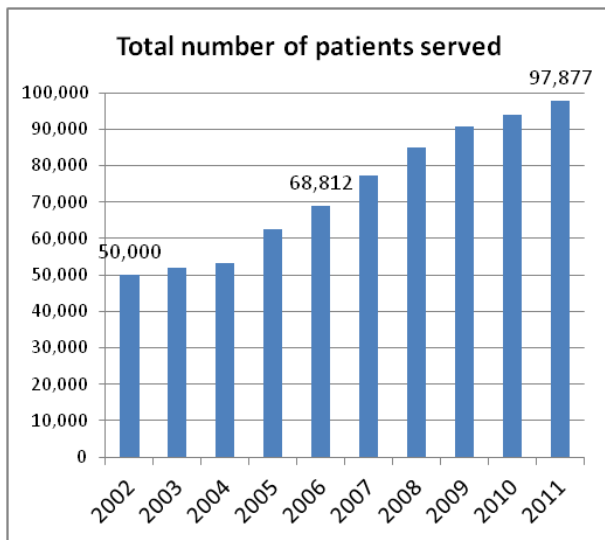
Parent – Child Communication Education:

Riverbank Resource Center – 15 parents
 Hanshaw Middle School – 22 parents

We have also secured dates to facilitate reproductive health education at the following schools for the month of May - Hanshaw Middle School for the entire 8th grade class as well as Riverbank Jr. High School's 7th grade class. Furthermore, health educators have been working hard to recruit female teens to GVHC's Teen Program. This is just the start of our outreach efforts. Stay tuned for more program updates in future newsletters!

GVHC Growth!

In 2012 GVHC celebrates its 40th Anniversary. When we opened our doors in 1972, offering health services to farm workers in Merced County, the clinic had a total staff of six with one part time doctor and saw 1500 patients. Today GVHC has 26 sites, more than 100 providers and provided care to 97,877 patients in 2011. If you look at the graph below you can see that GVHC has been growing significantly. In the last 10 years we have doubled the number of patients served!



Diabetes Classes in Modesto



Spanish Diabetes Conversation Map Classes will be starting in June.

DATE: Thursdays in June -7th, 14th, 21st, and 28th

TIME: 9:00-11:00 am

LOCATION: Health Net Offices, 1940 Crows Landing Road, Modesto (free parking!)

Cost is Free and open to the community. Space is limited to 12 people. However, if you would like to reserve a chair for your patient, please schedule in NextGen on the dates above at the 9 am slot. For non-GVHC members, please have them reserve their seat by calling 556-1403. Classes are in Spanish only.

GVHC TODAY Staff

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Please contact Amanda Day at

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